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OSCAR-WINNING ACTOR DIES AT AGE 46

PHILIP SEYMOUR HOFFMAN —
WHO WON AN ACADEMY
AWARD FOR CAPOTE —
WAS FOUND DEAD IN
NEW YORK ON
SUNDAY **PAGE 7**

To double downtown or not to double?

Proposal to council requests
that London's shopping and
entertainment district be in-
corporated into downtown core **PAGE 2**

Thank you for your service, but it's time for you to go

Metro columnist takes issue
with Harper government's
snub of veterans **PAGE 9**

Super Bowl XLVIII: Seattle stuns Denver

Seahawks buck Broncos to
win franchise's first Super
Bowl championship **PAGE 16**

Will Labatt get lucky?

Victoria Day 2014.

Brewery asking city
for exemption to sell
beer on four holidays,
one of which coincides
with the Memorial Cup



**SCOTT
TAYLOR**

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Labatt Breweries is hoping an
exemption to Ontario law can
lead to cash on the barrel in
time for the Memorial Cup.

Ontario's Retail Business
Holidays Act requires most
businesses close for nine statu-
tory holidays each year.

But Labatt, billing itself as
a tourist attraction, is asking
the city for an exemption that
would allow its brewery and re-
tail store to stay open on four
holidays: Victoria Day, Canada
Day, Labour Day and Thanks-
giving.

The provincial law allows
exemptions for businesses that
draw tourists. If council sides
with Labatt, the retail store
would be the only location in
the city to sell beer on those
four days.

In a letter to the city, Labatt
corporate affairs director Chris
Morley says more than 5,500
people tour the brewery at
Richmond and Horton streets
every year.

Morley, in the letter, specif-
ically mentions the company's

No beer zone

Days beer stores, and most
other retailers, must close
under provincial law:

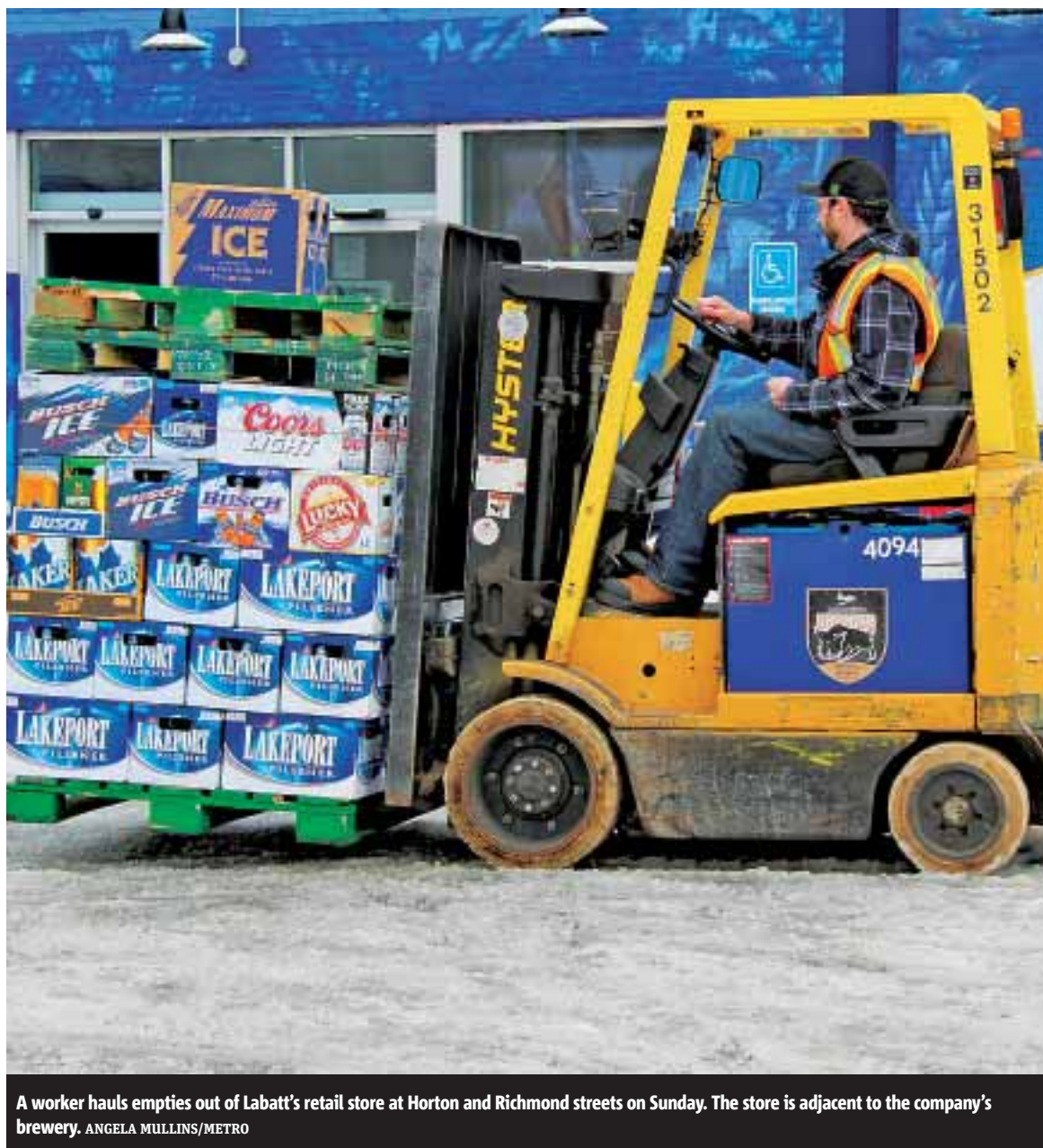
- New Year's Day
- Family Day
- Good Friday
- Easter Sunday
- Victoria Day
- Canada Day
- Labour Day
- Thanksgiving
- Christmas

hopes to offer brewery tours
and open the retail store "for
Victoria Day 2014 to coincide
with the Memorial Cup."

The tournament to crown
the Canadian Hockey League's
best team is scheduled to run
May 16 to 25 at Budweiser Gar-
dens. Victoria Day falls on May
19.

Morley said Sunday the
certain financial windfall of
selling beer on a Victoria Day
weekend, when the Memorial
Cup gets played out just a few
blocks away, isn't the impetus
for opening.

"This is really an opportu-
nity for us," he told Metro. "On
specific holidays, we could do
some unique things around
tourists, like bring out the
streamliner truck and give
people the sense of the history
of John Labatt brewing on that
site. And we're excited about
that prospect."



A worker hauls empties out of Labatt's retail store at Horton and Richmond streets on Sunday. The store is adjacent to the company's brewery. ANGELA MULLINS/METRO



Stores along Richmond Street are making a bid to become part of Downtown London. ANGELA MULLINS/METRO

Richmond Row asks to be downtown too

Planning committee. Retailers want the street to be included in the city's core



SCOTT TAYLOR
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The size of the downtown core would more than double under a proposal headed to council's planning committee on Tuesday.

Retailers along Richmond Row have officially asked to be included under the umbrella of the Downtown London business association.

According to a letter from Downtown London to city clerk Cathy Saunders, the north boundary, currently at Fullarton Street, would expand to just north of Oxford Street. The east and west boundaries would be extended about a block each.

Downtown London and the Richmond Row Merchants Association have been in talks about the possibility of expanding the boundaries since early 2012, according to the let-

Background

- Downtown London was founded in 1972 and has 850 businesses under its watch.
- Right now, the downtown business improvement area's boundaries are: Ridout Street on the east, Fullarton Street on the north, Waterloo Street on the west and the train tracks between York and Horton streets on the south.
- Under the proposed expansion, the new boundaries would have jagged lines expanding only slightly farther to the south, as far west as the Thames River, as far north as Sydenham Street and as far east as Colborne Street.

ter, which is signed by Downtown London board chair Robert Usher and executive director Janette MacDonald.

Richmond Row chair Dennis Winkler says while the trendy stretch of road that draws large crowds for shopping and entertainment has tried to form its own business association, efforts have been futile.

"The Richmond Row Merchants Association has been operating for years and while we have collectively been very successful at organizing and promoting events and sales in our district, we recognize the benefits of a professionally managed area that we cannot possibly achieve as an association," Winkler says in papers headed to the council committee.

Downtown London officials believe Richmond Row has similar needs to the existing downtown BIA when it comes to beautification and promotion. Plus, many people already consider Richmond Row part of the downtown core.

Many esthetic improvements have been made in the downtown core in recent years, including metal trees of various colours, new waste containers and new bike racks, but Richmond Street hasn't been included.

If city council agrees to the partnership, that could all change.

Man gets maximum sentence for hit-and-run



Tyler Brooks FACEBOOK

The man who left a little boy on the cusp of death after a violent Oct. 25 hit-and-run was sentenced Friday to three and a half years in prison by a London judge.

Toby Van Lieshout, 35, of Ingersoll lost control of the Chrysler 300 he was driving after jerking the steering wheel in an attempt to maneuver around a parked car. He missed the car but slammed into 10-year-old Tyler Brooks, who was riding his bicycle with friends on a Wexford Avenue sidewalk.

When first responders arrived, they found Brooks more than 30 feet from the point of impact. Witnesses

Timeline of events

- Oct. 25, 2013:** Toby Van Lieshout's car collides with Tyler Brooks as he's riding his bicycle on a Wexford Avenue sidewalk.
- Oct. 27, 2013:** Van Lieshout and his wife, Rebecca Smith, are arrested at their Ingersoll home.
- Jan. 31, 2014:** Van Lieshout pleads guilty to several charges and is sentenced to three and a half years in prison.

have said Van Lieshout was speeding at the time.

Rather than call for help, Van Lieshout hit the gas pedal and fled the scene, running a stop sign in the process.

Brooks suffered a broken

pelvis and catastrophic brain injuries that will likely hamper him for the rest of his life.

Court heard Friday that, after the crash, Van Lieshout solicited help to bang dents out of the rear driver's-side

panel of his vehicle.

Van Lieshout and his wife, 39-year-old Rebecca Smith, were taken into police custody about two days after the crash.

Van Lieshout pleaded guilty Friday to failing to remain at an accident scene, careless driving and possession of marijuana. The sentence he received is the maximum allowed under the law.

Smith is charged with being an accessory after the fact, assaulting a peace officer and permitting an unlicensed person to drive a motor vehicle.

She has yet to stand trial. SCOTT TAYLOR/METRO

Planetary perspective. NASA recognizes work of Western PhD student

A Western University doctorate student has earned a big nod for some pretty lofty work.

Raymond Francis has been honoured by NASA for his work in planetary science and engineering, which includes operating the Curiosity rover on the surface of Mars from his lab in London.

The NASA Group Achievement Award is given to individuals who have contributed substantially to an outstanding group accomplishment that is aligned with the space agency's overall mission.

Francis is a member of NASA's Mars Science Laboratory mission operations team. As part of the team, Francis takes the lead role one or two days a week in planning environmental and atmospheric science experiments and observations of the Curiosity rover.

Specializing in wind dynamics, Francis developed an automated computer algorithm that analyzes weather patterns on Mars by studying images of cloud formations floating in the red planet's atmosphere.

METRO

Pig virus. Fifth case in Ontario confirmed

A fifth case of a deadly and highly contagious pig virus has been confirmed in Ontario.

The provincial agriculture ministry says a pig from a farm in Simcoe County north of Toronto tested positive for porcine epidemic diarrhea on Saturday morning.

It's the third hog to test positive this week in the outbreak, which saw its first confirmed case on Jan. 22.

Ministry spokeswoman Susan Murray says more pigs are expected to test positive for the virus, which has killed millions of piglets in the U.S.

The Canadian Food Inspection Agency announced this week it will issue permits allowing veterinarians to import a vaccine for the virus as a precautionary measure.

A group representing

Strictly for pigs

Officials stress that there is no risk to human health or food safety.

the province's hog farmers has said the virus is spread through contact with manure, which can cling to trucks, trailers and even clothing and boots.

Ontario Premier Kathleen Wynne discussed a cohesive national approach to battling the outbreak with her federal, provincial and territorial counterparts on Thursday.

Wynne said she is committed to helping the Ontario pork industry increase compliance with enhanced bio-security protocols, and national information sharing to mitigate the impact of the virus. **THE CANADIAN PRESS**



This mural of a phoenix rising from ashes on the former Street Connection building near Horton and Wellington streets coincides with the agency's goal of helping troubled young people rebuild their lives. ANGELA MULLINS/METRO

Out with the old, in with the used

Sally Ann. Non-profit
buys former centre for
at-risk youths



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The Salvation Army has acquired the building that had until recently housed Street Connection, an embattled organization that helped at-risk young people in the city.

Officials closed Street Connection — just steps away from The Salvation Army's Centre of Hope near Wellington and Horton streets — and announced the move in an email over the weekend.

An official from the Salvation Army did not respond to a request for comment Sunday.

Street Connection closed Oct. 19, citing money as the concern. Leaders of the agency launched a fundraising campaign to maintain operations,

but the effort fell short.

On its website, Street Connection pledged to continue helping youths in the city.

"We need to be absolutely clear we can no longer fundraise on the premise we will reopen Street Connection at this location," a message on the site says.

The building's sale, the message continues, "allows us to pay off our debts and the remaining assets will go toward our future plans for helping at-risk youth."

"Any fundraising from this day forward is funding to help homeless youth ages 16 to 24."

The sale of the building to the Salvation Army is expected to close Feb. 7. Once the sale is final and after debts have been paid, any remaining assets will remain with Street Connection, officials said.

The board of directors will meet in the coming months to plan for the future of the organization.



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Police willing to appeal to a higher power over budget

Deadlock. Cops plan to go to commission if council stalemate does not end in their favour



SCOTT
TAYLOR

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Eight was enough for London city councillors before they decided to retreat in order to fight another day.

Sitting as the strategic priorities and policy committee, politicians took eight votes Friday to decide on the 2014 police budget, and all eight of those votes were defeated.

Police are asking for a 3.3 per cent increase to their operating budget, along with \$900,000 from assessment growth. That would add about \$3.8 million to their bottom line.

Unable to break the logjam, and with many items still to address, the issue was deferred to later in February — but not before nearly four hours of debate that sounded at times like an auction as numbers were bandied back

and forth.

All were floated up and shot down, twice by a tie vote that could've been broken had Coun. Dale Henderson been in attendance.

Mayor Joe Fontana explained Henderson's absence, saying he had been at a family funeral Thursday and was dealing with a medical condition Friday.

Request

\$3.8M

The amount that would be added to the London police department's bottom line with a 3.3 per cent funding increase plus \$900,000 from assessment growth

The bottleneck comes from councillors who reject the police request out of hand, citing costs that have escalated from \$59 million in 2004 to \$90 million last year.

That type of increase has to stop, said Couns. Nancy Branscombe, Bud Polhill and others. Meanwhile, Couns. Judy Bryant and Denise Brown, who also sit on the police services board, say the

cops need the money or services they now provide will be on the chopping block.

But the elephant in the room has been the Ontario Civilian Police Commission (OCPC), which has a mandate to ensure that the province's police forces are adequately staffed and equipped.

Chief Brad Duncan wasn't shy in telling council that he'll ask the police services board to go to the OCPC if he doesn't get what he needs — or at least something close.

If that happened, the end result could be a ruling that not only gives police the requested increase but something much more.

According to the Ontario Municipal Benchmarking Initiative, the London Police Service has far fewer officers per 100,000 people than the provincial average.

Coun. Matt Brown asked police services board chair Michael Deeb on Friday if he would automatically go to the OCPC if council voted for no increase in 2014.

Deeb wasted little time with his reply.

"No choice," he replied. "Yes."



London police Chief Brad Duncan spent a chunk of two days last week defending the department's 2014 budget request in council chambers. MIKE DONACHIE/METRO

Groups seek funding for aggressive seniors



Health Minister Deb Matthews is being asked to put more money into safety at seniors homes.
THE CANADIAN PRESS

Residents of long-term care homes are at risk because almost half have problems with aggression, warn associations representing the homes.

They are pushing the province for more funding to ensure the safety of all residents and want the next budget to include more money for behaviour therapists, personal support workers, training and designated behaviour units.

"(The aggressive) population is unpredictable, and if we don't have better training and more staff on the floor, we will continue to put our

residents at risk," said Donna Rubin, CEO of the Ontario Association of Non-Profit Homes and Services for Seniors.

Health Minister Deb Matthews, meanwhile, said that since 2003, her government has funded more than 10,000 additional front-line staff, including many who specialize in helping seniors with behavioural problems.

It has also funded extra training for existing staff.

"We'll continue to work with our long-term care homes to ensure that residents are getting the care that

Worry

"Dealing with the challenges of people who are significantly aggressive is what keeps administrators up at night."

Donna Rubin, CEO of the Ontario Association of Non-Profit Homes and Services for Seniors

they need," Matthews said.

Rubin recently made a pitch to the Queen's Park finance committee for more funding, as did Candace Chartier, CEO of the Ontario Long Term Care Association. Their two organizations represent 630 homes.

"Residents with aggressive behaviours and mental health issues are our core population. More dedicated and specialized resources are required to build capacity and provide care for their needs," Chartier said.

TORSTAR NEWS SERVICE

Conditions

According to Chartier's association, of Ontario's 77,600 long-term care residents:

- 11 per cent are severely aggressive while another 35 per cent display moderate aggression
- 38 per cent have psychiatric or mood disorders
- 61 per cent have Alzheimer's or other dementias
- 93 per cent have two or more chronic diseases

Industry Canada's tweets vetted in 'super-rigid process': Insider

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twittersphere.

Newly disclosed documents from Industry Canada show how teams of bureau-

crats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from the spirit of Twitter as you can get,

and from a department that's supposed to be on the leading edge of new communications technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets, because retweets are considered a key measure of success.

In turn, Industry Canada agrees to do the same for

Quoted

"You're imposing structure on a form of communication that inherently rejects structure."

Anonymous Industry Canada insider, on the department's strict Twitter protocol

tweets from the Business Development Bank of Canada and others.

Formal policy for the de-

partment was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. Policy generally precludes tweeting on weekends, and the minister's personal Twitter handle must be kept

out of departmental tweets, though his name and title are often included.

The resulting tweets read like stiff public service announcements.

An insider at Industry Canada said the "super-rigid process" is frustrating, and simply doesn't work for Twitter.

"We don't really know what we're supposed to be on Twitter," he said in an interview, on condition of anonymity to protect his job.

THE CANADIAN PRESS



Groundhogs split on whether our weather will get better

Warton, Ont., Mayor John Close, right, laughs after listening to groundhog Wiarton Willie's weather prediction on Sunday. Canada's major prognosticating rodents provided a split decision on whether the country is in for an early spring or six more weeks of winter. Ontario's Wiarton Willie emerged from his cozy den Sunday morning and immediately spotted his shadow, which according to groundhog folklore means Canadians can expect six more weeks of what has already been a long, cold, snowy winter. Nova Scotia's Shubenacadie Sam was the first groundhog out, delivering a promising forecast for winter weary Canucks after he did not see his shadow, signalling an early spring. FRANK GUNN/THE CANADIAN PRESS

Middle East tour. PM's trip positive for one third of Canadians, poll

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

The survey, conducted from Jan. 23 to Jan. 27 by Harris/Decima for The Canadian Press, suggests a third of Canadians held a favourable impression of Harper's first foray to the Middle East.

Twenty-six per cent, meantime, said they held an unfavourable view. The majority of those polled, however (42 per cent) said they had no opinion.

The survey also suggested a clear majority of Canadians feel it's important for prime ministers to make international trips to make international trips like Harper made last month to Israel, the West Bank and Jordan.

Fifty-nine per cent of those



Prime Minister Stephen Harper speaks at Israel's Parliament in Jerusalem, Jan. 20. ARIEL SCHALI/THE ASSOCIATED PRESS

polled believe Harper's visit will have a positive impact on Canada's ties with Israel. But respondents were divided evenly on what the trip would mean for Canada's relationship with the Palestinian Authority: 32 per cent expect a positive impact, while 31 per cent anticipated a negative one.

THE CANADIAN PRESS

Survey. U.S. abortion rate at lowest level since 1973

The U.S. abortion rate declined to its lowest level since 1973, and the number of abortions fell by 13 per cent between 2008 and 2011, according to the latest national survey of abortion providers conducted by a prominent research institute.

The Guttmacher Institute, which supports legal access to abortion, said in a report being issued Monday

that there were about 1.06 million abortions in 2011 — down from about 1.2 million in 2008. Guttmacher's figures are of interest on both sides of the abortion debate because they are more up-to-date and in some ways more comprehensive than abortion statistics compiled by the federal Centers for Disease Control and Prevention.

THE ASSOCIATED PRESS

PM's next trek

Mexico may not be so welcoming

He felt the love in Israel, but when Prime Minister Stephen Harper arrives in Mexico later this month, he'll be met by an undercurrent of resentment from a continental neighbour that feels spurned by Canada.

That resentment towards Canada runs deeper than their disagreement over a travel visa that the Harper government imposed on travellers from Mexico in 2009.

It extends to lingering dissatisfaction over the lack of progress to move the economic relationship beyond the North American Free Trade Agreement.

THE CANADIAN PRESS

Forbes' 30 under 30

Ex-investment banker makes splash in music biz

A 26-year-old Toronto entrepreneur, who quit his investment banking job to pursue his dreams, has made Forbes magazine's "30 under 30" list

for music, alongside industry heavyweights like Drake and Lady Gaga.

Derrick Fung is the mind behind Tunezy, a website that allows fans to pay for unique music experiences, including backstage passes, meet and greets with their favourite artists or private online chats.

THE CANADIAN PRESS

Anti-Putin protesters ask for release of jailed activists

'Hostages of Putin.'

Protesters marched Sunday with portraits of the prisoners and banners demanding their freedom

Several thousand protesters marched through central Moscow on Sunday to call for the release of 20 people who were arrested after clashes between police and demonstrators in May 2012.

Some of them face up to 10 years in prison if convicted for the protest, held on Bolotnaya Square on the eve of President Vladimir Putin's inauguration to a third term as Russia's president.

Putin's return to the presidency saw the passing of new laws aimed at cracking down on anti-government protests and restricting non-governmental

organizations.

The protesters marched Sunday with portraits of the jailed protesters and a banner stretching across the street reading: "Freedom to the Bolotnaya heroes, the hostages of Putin."

Some also carried Ukrainian flags to show their support for the anti-government protesters in neighbouring Ukraine, where demonstrations have been going on for more than two months.

Of the 28 people rounded up in the Bolotnaya case, eight were recently freed on amnesty. Several defendants have been under house arrest, but most of the others have been in jail for more than a year and a half.

Only three of the cases have been decided: Two defendants received light sentences after co-operating with investigators and a third was sent for forced psychiatric treatment.

THE ASSOCIATED PRESS



Opposition demonstrators carry posters of imprisoned protesters during a rally in Moscow on Sunday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Accommodation shortage looms large at Sochi



Construction work continues apace outside the Gorki Plaza East hotel in Krasnaya Polyana, Russia, on Sunday. LUCA BRUNO/THE ASSOCIATED PRESS

Construction workers ignored the blaring alarm in Gorki Plaza on Sunday, tuning out the loud hoot-hoot-hoot and automated voice that urged guests to evacuate.

That was a fire drill, a requirement ahead of building approval, but alarm bells of a more figurative kind are ringing louder and louder for the organizers of the Sochi Olympics.

It's almost impossible to pin down how many hotels will be finished ahead of the Winter Games, which officially open Friday.

Gorki Plaza was always

supposed to be a hive of activity, an accommodation and transport hub for thousands of visitors to Olympic venues in the mountains above Sochi. It just wasn't supposed to be a hive of building activity this late. And that has Olympic leaders worried.

IOC President Thomas Bach was given a status update on accommodation by local organizers at an executive board meeting Sunday.

"There is a great confidence and great satisfaction with what we have seen here," Bach said. "Of course, ... always before the games,

we have some issues to be addressed. We received information that this will be addressed, but in general for the athletes the stage is set for great performances, both with regards to the villages and with regards to the sports facilities."

But the accommodation situation for non-athletes threatened to become a major embarrassment for organizers when some Olympic-accredited people were turned away in recent days from unfinished hotels, or checked into unfinished rooms.

THE ASSOCIATED PRESS

Hotels

Organizers estimate that thousands of media will arrive in Sochi on Monday. About 11,000 overall are expected to cover the event. Spectators are expected to flood in later in the week.

- Local organizers said Saturday that only six of the nine media hotels in the mountain cluster were finished, and gave a timetable Sunday for others to be opened this week.

Lay offs

Coca-Cola closure

Several thousand people have marched from a Coca-Cola bottling plant in a southwestern suburb to downtown Madrid to protest the company's plan to close four plants in Spain and lay off 1,253 workers.

THE ASSOCIATED PRESS

Syria

Government aircraft pummel rebel-held Aleppo

Syrian government helicopters and warplanes unleashed a wave of airstrikes on more than a dozen opposition-held neighbourhoods in the northern city of Aleppo on Sunday, firing

missiles and dropping crude barrel bombs in a ferocious attack that killed at least 36 people, including 17 children, activists said.

Aleppo has been a key battleground in Syria's civil war since rebels swept into the city in mid-2012 and snatched most of the eastern and southern neighbourhoods from the government.

THE ASSOCIATED PRESS

Suspended

Red Cross stops its work in Sudan

A Red Cross official in Sudan says that the organization has suspended its work there after the Sudanese government said that the organization was not complying with national laws.

THE ASSOCIATED PRESS

Give peace a chance

Israel PM dismisses Kerry boycott warning

Israeli Prime Minister Benjamin Netanyahu on Sunday dismissed warnings by U.S. Secretary of State John Kerry that Israel could be targeted by a growing boycott campaign if peace talks with the

Palestinians fail. Netanyahu tried to reassure Israelis, saying any boycott attempts are immoral, unjust and "will not achieve their goal," while two government ministers accused Kerry of unfair pressure tactics and not standing by Israel. Over the weekend, Denmark's largest bank, Danske Bank, blacklisted Israel's Bank Hapoalim because of links to settlement activity. THE ASSOCIATED PRESS

Award-winning actor Philip Seymour Hoffman dead at 46

Family 'devastated.'

Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won a best-actor Oscar in 2006 for his portrayal of writer Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and



Philip Seymour Hoffman in 2006, after winning an Oscar for his work in Capote. Hoffman was found dead Sunday in his apartment. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

Tragic loss

"One of the greatest actors of a generation and a sweet, funny & humble man."

Ricky Gervais, tweeting about Philip Seymour Hoffman, who died Sunday of an apparent overdose.

was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy Awards four times in all: for Capote, The Master, Doubt and Charlie Wilson's War. He also

received three Tony nominations for his work on Broadway.

Hoffman spoke candidly over the years about past struggles with drug addiction. After

23 years sober, he admitted in interviews last year to falling off the wagon and developing a heroin problem that led to a stint in rehab.

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

"No words for this. He was too great and we're too shattered," said Mike Nichols, who directed Hoffman in Charlie Wilson's War and in Death of a Salesman on Broadway.

Hoffman's family called the news "tragic and sudden." Hoffman is survived by his partner of 15 years, Mimi O'Donnell, and their three children.

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," the family said in a statement.

THE ASSOCIATED PRESS

Allen: Farrow's claims 'untrue and disgraceful'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by The New York Times, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

The 1992 allegation came shortly after Allen became involved with Mia Farrow's adopted daughter, Soon-Yi Previn. Allen, then in his mid-50s, was not the adoptive father of Previn, who was about 19 at the time. The two married in 1997 and have two adopted daughters.

Connecticut prosecutors investigated the allegations in 1993 but did not charge



Woody Allen at the French premiere of Blue Jasmine in Paris last summer. CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

Allen. The 78-year-old director has long maintained his innocence.

In the open letter, Farrow recalled several events from her childhood. In a letter to op-ed columnist Nicholas Kristof, she said she was moved to speak out because of Hollywood's continued embrace of Allen.

"That he got away with what he did to me haunted me as I grew up," Farrow

wrote. "I was stricken with guilt that I had allowed him to be near other little girls."

Farrow said Allen would have her get in bed with him and at other times "place his head in my naked lap and breathe in and breathe out."

"For as long as I could remember, my father had been doing things to me that I didn't like," Farrow said. "These things happened so often, so routinely, so skillfully hidden from a mother that would have protected me had she known, that I thought it was normal."

A rebuke followed last week when Robert Weide, director of a PBS documentary on Allen, argued in a lengthy account on the Daily Beast that many were unaware of the facts of Allen's relationship with Previn and that the incident with Farrow was unproven.

Farrow, who said she now lives happily married in Florida under another name, urged people not to forget her side of the story and lamented "a world that celebrates her tormenter."

THE ASSOCIATED PRESS



Hello Dalai! Tibet fest begins

Tibetan spiritual leader the Dalai Lama holds a traditional Assamese hat that was presented to him by Assam Chief Minister Tarun Gogoi during the Festival of Tibet in Gauhati, India, Sunday. The Dalai Lama inaugurated the five-day festival.

ANUPAM NATH/THE ASSOCIATED PRESS

Egypt

Al-Jazeera cameraman acquitted

A Cairo court says it has acquitted a cameraman for the Qatar-based network Al-Jazeera, after he was held for months on charges of committing acts of violence.

Mohamed Badr, who worked for Al-Jazeera's channel in Egypt, was arrested following clashes in July. Egypt's semi-official media said Sunday he was acquitted along with 61 others. THE ASSOCIATED PRESS

Sweden

Man detained after attempt to enter cockpit

Police at a Stockholm airport have detained a man who tried to enter the cockpit on a flight from Dubai to Stockholm. A police spokesman says crew handcuffed the man during the flight Sunday and handed him over to police when the plane landed. Police detained him on suspicion of preparing aircraft sabotage.

THE ASSOCIATED PRESS



Lottery News

Winter 2013/2014

**EARLY BIRD DEADLINE
MIDNIGHT TOMORROW!**

**EARLY BIRD PRIZE
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metro

08

metronews.ca
Monday, February 3, 2014

Bet on a 70-cent loonie at own risk



**HOW
TO ROLL**
Alison Griffiths
metronews.ca

The plunging loonie could fall further, say an increasing number of currency watchers. This creates a dilemma for investors. Is it time to hedge or not?

Hedging neutralizes currency fluctuations. It has been very popular with mutual funds and exchange-traded-fund (ETF) providers since the Canadian dollar was a sad-sack 62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar

investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit \$1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one expected the Canadian dollar to remain that elevated, so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated "fair value" mark of 85 cents against the greenback. Some predictions, notably that of San Francisco hedge-fund manager Vijai Mohan, a longtime Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie

bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will hover or rise, should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including withdrawing funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.



The road to MacKay River is paved with dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a byproduct of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. SUNCOR/GE/HANDOUT/THE CANADIAN PRESS

Hacker group

'Nullcrew' takes credit for hacking of Bell customers

Bell Canada says 22,400 of its small business customers have had their account information compromised by hackers. A hacking group calling itself Nullcrew is claiming credit for the attack. **THE CANADIAN PRESS**

Under investigation

Marriott hotel customers hit by hacking: Blogger

A major hotel chain is investigating a reported breach of customer information. An e-security blogger says the breach involved credit and debit card information of Marriott hotels guests. **THE ASSOCIATED PRESS**

Federal budget

NDP renews call to cap ATM fees at 50 cents

The NDP is stepping up its battle against bank machine fees, urging the government to make good on its pledge to do something about the charges that vex some Canadian consumers. **THE CANADIAN PRESS**

BETTER TREAT THE VETS RIGHT

I'm sorry, federal Conservative government, but you can't have it both ways.

If you continue to trumpet yourself as the party of the troops, which you so often do, you sure as hell better provide those troops with the support they need when they return home from the nightmares of war. And I'm talking for the rest of their lives. As a country, it's the least we can do to "repay" the sacrifices our veterans, both young and old, have made, knowing full well it's not a fair exchange.

Sadly, when a group of vets travelled to Parliament Hill last week, we learned that our Conservative government seemingly doesn't share that sentiment, one that is nearly universally held by the Canadian public.

With eight Veterans Affairs offices set to be closed by Harper & Co., a handful of vets made the trip to Ottawa hoping to persuade the government to reconsider its decision. Not only did their ef-



URBAN COMPASS
Todd Devlin
london@metronews.ca

forts go for naught, the group wasn't even given the opportunity to truly have their voices heard.

Instead, Veterans Affairs Minister Julian Fantino sent three MPs in his place to a meeting he'd previously agreed to attend. When he finally showed up, 70 minutes late, the veterans — not surprisingly — didn't take kindly to the show of disrespect. An argument ensued, and they left in anger.

Afterwards, the government issued a baffling press release including this quote from Fantino: "We had a candid conversation today. I am always willing to hear from veterans face to face on any issue." No, sir, you are not.

But while Fantino may have taken centre stage in last week's debacle, the real problem is much larger: A Conservative government targeting veterans' services in an effort to cut costs.

Quite frankly, that's the last place the government should

cut costs, especially when that same government regularly claims the troops for its own political purposes.

The government says services will actually improve with the closures. This, despite the fact that staff at Service Canada offices have reportedly received only limited training in veterans' services, and vets have said that accessing services online is difficult to navigate for the elderly, and that support over the phone is impractical for those who are hard of hearing or who suffer from post-traumatic stress disorder.

On Friday, hundreds of veterans and supporters took part in protests at the offices being closed, including nearby in Windsor, where a crowd of 200 showed up.

Those being serviced in Windsor, it should be noted, will be required to make the lengthy drive to London if the closures go forward. If our veterans feel they need experts and in-person support, that's exactly what they should get. And it's exactly what our government should give them.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

Portrait of the artist as a brain



JEFF J MITCHELL/GETTY IMAGES

A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work *Brain of the Artist*, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners.

METRO

Artists viewpoint

"It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognisably "you" and yet it could not be more intensely personal."



"Being scanned felt like a mechanical fortune teller passing over your body," artist Angela Palmer said. GETTY IMAGES

Sculpture exposes 'inner architecture'

"Recreating the brain is perhaps the most objective form of self-portraiture," Palmer describes. "I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void." METRO

Clickbait



LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.



FACEBOOK.COM

Lil Bub (lilbub.com):

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

Nala Cat (nalacat.com):

Quite possibly the only cat with



Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The "forecasters" bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!

Stoneaxem, posted to metronews.ca

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E-books



Cinefex

By Don Shay & Jody Duncan

iPad

• • • • •



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from \$15 to \$5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with \$12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with \$9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with \$9 million US. **THE ASSOCIATED PRESS**

Glamour on the gridiron

Forget the football!

Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included



Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtle-neck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.

After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second."

THE ASSOCIATED PRESS



Oh, Joe!



Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

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One super bowl too many? Biebs held before big game as jet searched for pot

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to Page



Justin Bieber

Six. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Jackman to drop anchor in Jack Sparrow's lagoon



STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming *Peter Pan* movie. I think I speak for all of us when I say, "Captain Jack Sparrow who?"

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and



handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shree-eee-eee-eee-eee will always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the *News of the World*. "I may have a useful tip for you," says Kate Gosselin's sister.

Rowling admits not every little thing she does is magic — like Ron & Hermione



J. K. Rowling ALL PHOTOS GETTY IMAGES

Harry Potter author J.K. Rowling is having second thoughts about having ended the series with heroine Hermione Granger paired up romantically with Ron Weasley.

The hugely successful author tells *Wonderland* magazine she chose the red-haired Ron for Hermione for very personal reasons.

She told the magazine she "wrote the Hermione-Ron relationship as a form of wish fulfilment" and said the couple might eventually need relation-

ship counselling.

The soon-to-be published interview was reported in *The Sunday Times*, which also quoted actress Emma Watson, who played Hermione, expressing doubts about the viability of her character's relationship with Ron.

She told the newspaper that many fans doubt Ron can make Hermione happy over time.

Many fans had hoped Harry and Hermione would become a couple. **THE ASSOCIATED PRESS**

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Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Inaccurate income projections

I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund stuff like home maintenance, vacations,



Budgeting isn't just about tracking your costs, it's about making sure you're spending your hard-earned money the way you want to. ISTOCK

gifts and the like.

Not enough categories

Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all. Another prob-

lem that goes hand in hand with this one is:

Failure to include expenses

Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals... there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash

People spend cash without

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

Gail Vaz-Oxlade

keeping track of where it's going and that throws their budgets out of whack. Some people use bank machines like a wallet, pulling \$20 here and \$40 there as needed.

The problem with this approach is that money flows

away without any record of where it's gone. And if you know you have a bill coming due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save

People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

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Choose organization over obliteration

Inbox overload? How to avoid declaring email bankruptcy

Whether it's steady trickle of daily emails or the hundreds of messages streaming in during your vacation, hitting the reset button on your inbox may seem like the easiest way to cope with the digital deluge.

In a recent New York Times article, columnist Nick Bilton wrote of his decision to delete all of his

46,315 unread emails, starting the new year with an empty inbox.

"I think it stems from this ability to have access to technology anywhere and anytime," said Jui Ramaprasad, assistant professor, information systems at McGill University's Desautels Faculty of Management.

"All of these companies we interact with have mobile applications or have social media handles they want you to follow them on. And you just do it one at a time and all of a sudden, it ends up with complete in-

formation overload."

Yet while declaring email bankruptcy may offer momentary respite from the flurry of messages, there's little to stem the inevitable tide of new ones filtering in.

"By purging everything, they're just going to get in this continuous loop of overwhelm, and it will never go away unless they change their approach and outlook of how they deal with email," says Ottawa-based productivity consultant Valeri Hall Little of Intandem Business Efficiency.

THE CANADIAN PRESS

You've got mail!

Rather than responding to the urge to hit delete all, experts suggest finding more efficient ways to manage the influx.

- Christina Cavanagh, author of *Managing Your E-mail: Thinking Outside the Inbox*, said the inbox should be treated as a central control to assess which emails can be dealt with in a few minutes and which others can be filed for handling later.

- Valeri Hall Little of Intandem Business Efficiency said individuals should change their mindset about managing their inbox to "processing" rather than checking emails. She coaches clients to create three processing folders: action (for tasks that require more than two minutes); reading (for newsletters); and pending (messages that require a response.)

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You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI
SALEMI
Metro World News

Street fighting and self-defence require quick thinking and an ability to "shoot first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, *Street-Fighting Mathematics*.

For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid students of math anxieties by emphasizing the art of problem-solving without doing an



Who hasn't experienced the desire to deck their long-division homework? ISTOCK

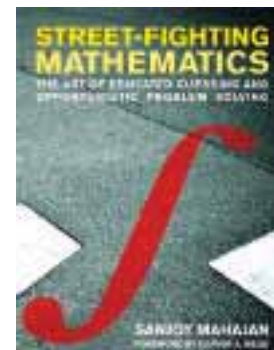
exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about whether

they've made a decent effort to find the answer.

By showing students an equation as they stare at various symbols in fear, he tells them not to worry, since the answer will be found differently from how they expect it to be anyhow.

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered." In order to become liberated, he focuses on action in doing something reasonable and reacting without overthinking a solution — in other words, estimating.



Math-o-phobia

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered."

Dr. Sanjoy Mahajan

the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he explains: "When the going gets tough, lower your standards."

Mahajan used the technique to learn German, for example. The language has endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.

The class challenges the idea that math is supposed to be exact, as students toss away the notion of perfection and right and wrong. To drive home the ninja math technique, he often uses Navier-Stokes equations, considered some of the most complex math equations out there. He says it literally takes years to solve these problems, but "to hell with that, that's not a street-fighting approach." With a long, arduous approach, he says problems will not be solved and suggests the street-fighting approach as a way to make progress.

Students inevitably apply

'Round the world wisdom

Train your attitude before taking on any challenge

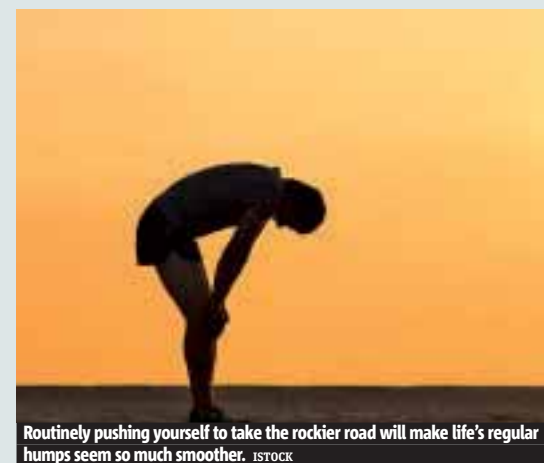
The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stéfan Danis
life@metronews.ca

When facing a challenge, we typically dedicate the majority of our time to acquiring a new skill, rather than training our attitude so that the new skill can flourish.

When I signed up for the multi-stage ultra-marathon in the Gobi, the best advice I received was that it wasn't a marathon and that "the race was 50 per cent mental attitude, 50 per cent physical aptitude." That



Routinely pushing yourself to take the rockier road will make life's regular humps seem so much smoother. ISTOCK

simple statement would drive everything I did. Yes, I had to learn to run half the distance. But I would need to rely on my mind for the other half. How should I train my attitude?

I decided to run only when I didn't want to.

I ran at midnight, when I wanted to go to bed, after a meal when I felt full, outdoor preferably during storms and blizzards, when I was ill, or when my little voice inside said, "I'm tired." And when there was beautiful sunshine outside with perfect running conditions, I went to the gym and did strength training inside instead.

Ultimately, my training would add up to less distance than most competitors who ran the Gobi. But every time I set foot outside to run, I also received the compound upshot of slowly building the mental attitude and immunity required to deal with the adverse conditions the desert would unleash.

When taking on something new, consider that for the new skills or habits to stick, an attitude adjustment should be your first step.

STÉFAN DANIS IS THE CEO OF
NEXCAREER AND MANDRAKE, AND
THE AUTHOR OF GOBI RUNNER



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ROSE REISMAN
For more, visit
rosereisman.com or
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This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the healthier grain, quinoa. To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a microwave or toasted oven at 300 F.

Directions

1. Combine chicken and flour. In a large non stick skillet, add oil and sauté chicken

just until browned and half way cooked about 2 minutes. Set aside. Wipe out skillet and

spray with vegetable oil.

2. Sauté onion, garlic, carrots,

ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock,

chickpeas, chicken, olives, and dried fruit and simmer covered for 15 minutes, stirring

occasionally. Add more stock if needed.

3. Serve over cooked quinoa and garnish with cilantro and toasted almonds.



This recipe serves six. ROSE REISMAN

TOTAL TIME
ABOUT 20
MINUTES

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Ingredients

- 2 lb boneless skinless chicken thighs, diced
- 1/4 cup all purpose flour
- 2 tsp vegetable oil
- 1 1/2 cup chopped onion
- 2 tsp minced garlic
- 1 cup diced carrot
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch nutmeg
- Pinch cayenne
- Pinch salt and pepper
- 1 1/2 cup chicken stock
- 1 cup drained and rinsed chickpeas
- 1/2 cup chopped green olives
- 3/4 cup diced dried apricots
- 3/4 cup diced dried dates
- 3 cups cooked quinoa
- 1/4 cup chopped cilantro
- 1/3 cup toasted sliced almonds

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

Side dish on a (phyllo) roll

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. Spray a large nonstick pan with cooking oil and heat the vegetable oil over medium heat.

3. Cook the garlic, onion, broccoli and carrots for 10 minutes or until tender-crisp, stirring occasionally. Remove from the heat and stir in the dill, egg, breadcrumbs, cheese and salt and pepper.

4. Lay one sheet of phyllo on your work surface, with the long side facing you, and spray with cooking oil. Repeat with the remaining phyllo sheets, but do not spray the last sheet. Spread the vegetable mixture over the surface, leaving a 1-inch (2.5 cm)



This Broccoli Carrot Phyllo Strudel recipe serves six. ROSE REISMAN

border on all sides.

5. Roll up tightly, jelly roll-

fashion, and tuck the ends under. Spray with cooking oil. Place on the prepared baking

sheet and bake for 20 minutes or until golden brown.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 cups chopped onion
- 3 cups finely chopped broccoli
- 2 cups finely chopped carrots
- 1/3 cup chopped fresh dill
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- 2/3 cups of shredded Swiss cheese (2 oz/60 g)
- pinch of salt and ground black pepper
- 6 sheets of phyllo pastry



The Seattle Seahawks' Kam Chancellor congratulates teammate DeShawn Shead on a first-half interception of a Peyton Manning pass on Sunday in East Rutherford, N.J. EVAN VUCCI/THE ASSOCIATED PRESS

Bowl-dozer

Seahawks win.

Manning's Broncos overwhelmed by Seattle's defence from start to finish in New Jersey

The Seattle Seahawks won their first Super Bowl title Sunday night, crushing the favoured Denver Broncos 43-8.

Linebacker Malcolm Smith returned an interception of Peyton Manning's 69 yards for a touchdown late in the first

Super Bowl XLVIII

43

Seahawks

8

Broncos

half Sunday, and Percy Harvin returned the opening kickoff of the second half 87 yards for another TD.

The Seahawks led 36-0 before Denver finally scored on the last play of the third

quarter.

Manning was 34 of 49 for 280 yards, but most of that came after Seattle had all but put the game away. He was flustered by Seattle's fierce defence for most of the first half, throwing two interceptions. The second fluttered into Smith's hands after Cliff Avril struck the five-time NFL MVP's arm as he was releasing the ball.

Second-year quarterback Russell Wilson was coolly efficient for the Seahawks, throwing for two touchdowns.

THE ASSOCIATED PRESS

Early sign of a snoozer

The Super Bowl got off to its strangest start ever as Denver Broncos centre Manny Ramirez snapped the ball by Peyton Manning on the first play from scrimmage. The ball was recovered by Knowshon Moreno in the end zone for a safety.

- The Seahawks led 2-0 after 12 seconds, the fastest score in Super Bowl history.

OHL. Knights go 3-for-3 on weekend road trip



London's Max Domi picked up six points (four assists, two goals) in the Knights' weekend road trip to North Bay, Sudbury and Barrie. METRO FILE

There is nothing more difficult in the OHL than winning three road games in as many nights in three different cities.

The London Knights have now accomplished that twice this season.

On Saturday, the Knights completed their trek through the north, beating North Bay, Sudbury and Barrie on consecutive nights.

The Knights won the first two games, 9-4 on Thursday in North Bay and 3-2 in Sudbury on Friday. They finished the troika Saturday by beating the Barrie Colts 5-4 in a rough-and-

tumble affair.

London also won a three-in-three road trip midway through November, beating Ottawa, Kingston and Belleville. In January, they were not as lucky as they lost in Guelph, Saginaw and Sault Ste. Marie.

Saturday's game featured a spirited bout between two Canadian world junior teammates, with the Knights Josh Anderson getting the split decision over Aaron Eklblad. In all, there were three fights and 74 minutes (124 minutes if you count the five misconducts).

Late in the game, the

Knights' Ryan Rupert received a game misconduct for abuse of officials, a penalty that is reviewable by the league. Meanwhile, defenceman Zach Bell of the Knights played his first game after sitting out a five-game ban for a fight against Saginaw.

The game in Sudbury was special to Knights' coach Dale Hunter as his 'Wolves' sweater No. 15 was raised to the rafters.

On the ice for the ceremony were Dale, his father Dick Hunter and his son Dylan, now a Knights' assistant coach. Dale Hunter played two seasons for the Wolves. DAVE LANGFORD/METRO

NBA

Rondo finally rewarded with win

Rajon Rondo waited more than a year to celebrate playing in a victory.

Rondo made 9 of 11 shots and finished with season highs of 19 points and 10 assists while helping Boston end a four-game losing streak with a 96-89 win over the Orlando Magic on Sunday.

"We didn't stop pushing the pace even though we had the lead," Rondo said. "We finally finished a game strong. They made a run at it, but at the end of the day we still got some stops when we needed and made the plays."

Boston entered Sunday winless in six games since Rondo's return last month after missing nearly a year with a torn anterior cruciate ligament in his right knee. He sat out the second of back-to-back games earlier in the week.

THE ASSOCIATED PRESS

NBL of Canada

Lightning add guards, release Millen

The London Lightning have signed two new guards.

James Millen, meanwhile, has been deactivated but will remain with the team.

"James has worked extremely hard for this franchise both on and off the floor and has played a major role in our success," Lightning general manager Taylor Brown said. "He is a young player with tremendous potential, but a move needed to be made."

Millen will remain with the team.

Zane Johnson, standing six-foot-six, shoots from the outside and played college ball at the University of Hawaii. After that, he played for teams all over the world, including in Japan, Spain and, most recently, in Ohio for the NBA D-League's Canton Charge.

Matt Humphrey, 6-7, is considered an all-round player.

Both new players still need clearance from the International Basketball Federation before they can take the court.

METRO



Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe pose for a photo after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. Skiing has always been a family affair in the Dufour-Lapointe household. PAUL CHIASSON/THE CANADIAN PRESS

Sister skiers take bumps together

Freestyle skiing.

Dufour-Lapointe trio look to make podium in moguls at Olympics

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters.

But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and

Podium-proven performers

Justine, 19, goes into Sochi having won bronze at last year's world championships. She had five podium finishes in six races on the World Cup tour this season, including two victories.

- Chloe has been on a World Cup podium three times, while Maxime picked up her first career podium at Deer Valley this season.

"We're going to put on a show that Canadians will remember for a long time."

Justine Dufour-Lapointe says her and her sisters will be noticed in Sochi.

went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters, it took her the longest to reach her full potential.

"I had some tough moments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt."

"I'm an analytical person and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

Maxime agrees.

"Having them there gives me feelings of security and comfort," she said. "I know they won't be afraid to be honest with me."

"We aren't afraid to call each other out if we have to. It makes me a better athlete and it's the same for them. It's a constant learning process."

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

THE CANADIAN PRESS

Sports in pictures



1 Curling. Homan serves notice she's ready to defend title

Rachel Homan and Team Canada grabbed the early lead and held it on for a 9-6 win in nine ends over Quebec's Allison Ross on Sunday at the Scotties. The defending champions are the lone team yet to lose a match at 3-0.

THE CANADIAN PRESS

2 Golf. Stadler earns first career PGA tour title

Kevin Stadler won the Phoenix Open on Sunday for his first PGA Tour title when playing partner Bubba Watson missed a five-footer for par on the final hole. Watson and Canadian Graham DeLaet finished one stroke back.

THE ASSOCIATED PRESS

3 NHL. Frolik and Enstrom boost Jets past Habs

Michael Frolik and Tobias Enstrom scored to give the Winnipeg Jets a 2-1 victory over the Montreal Canadiens on Sunday afternoon. Al Montoya stopped 30 shots, giving up the Habs' lone goal to Brian Gionta.

THE CANADIAN PRESS

4 NHL. Ward rejoining Hurricanes after conditioning stint in AHL

The Carolina Hurricanes have recalled goalie Cam Ward from his brief conditioning stint in the minor leagues. The team announced the move Sunday. The 2006 Conn Smythe Trophy winner missed Carolina's last 14 games with an unspecified lower-body injury and began his conditioning stint Friday. THE ASSOCIATED PRESS



Leafs forward Joffrey Lupul muscled past Ottawa's Clarke MacArthur during Toronto's 6-3 win on Saturday night at Air Canada Centre. RICK MADONIK/TORSTAR NEWS SERVICE

Leafs secondary scorers stepping up in a timely fashion

NHL. Toronto relying on Lupul and Kadri to see team through Olympic roster freezes

Joffrey Lupul and Nazem Kadri are leading a resurgence of secondary scoring within the Leafs roster — but will it be enough to carry the team past the upcoming Olympic roster freezes and trade deadlines?

Possibly yes, and possibly no.

The Leafs have three games before the Olympic break — the last being Feb. 8, the day before the break officially begins — with the NHL's roster freeze extending Feb. 7 to 23.

If the Leafs are entertaining the addition of secondary scoring — or any other upgrades — the first window

closes this coming Friday. It reopens for a period between the end of the Games and the arrival of the NHL trade deadline March 5.

Lupul, whose performance has been unheralded, especially when his line with Kadri was absent from the score sheets, now has eight points in his last eight games. Couple that with Kadri, who has 14 points in his last nine games, and who played over 23 minutes Saturday, and the Leafs have strong signs of secondary scoring surfacing in timely fashion for the post-Olympic run to the playoffs.

"He's (Lupul) starting to find the back of the net," Leafs coach Randy Carlyle said.

"He's a different player from the left side. He's dangerous when he skates, and his cycle game is better when he does that." **TORSTAR NEWS SERVICE**

Line change

- Carlyle made a deft move eight games ago, reuniting Nik Kulemin with Kadri and Lupul; part of the move entailed moving Lupul back to left wing, where he is more productive, and crossing Kulemin over to the right side (Kulemin has three goals in nine games now).

- Prior to that, Lupul had not notched a point in 16 of 20 games from late November into most of December. While Lupul was under pressure to produce, little to nothing was mentioned about how he sidetracked himself while trying to make Kadri a better player.

Find a job with less pressure.

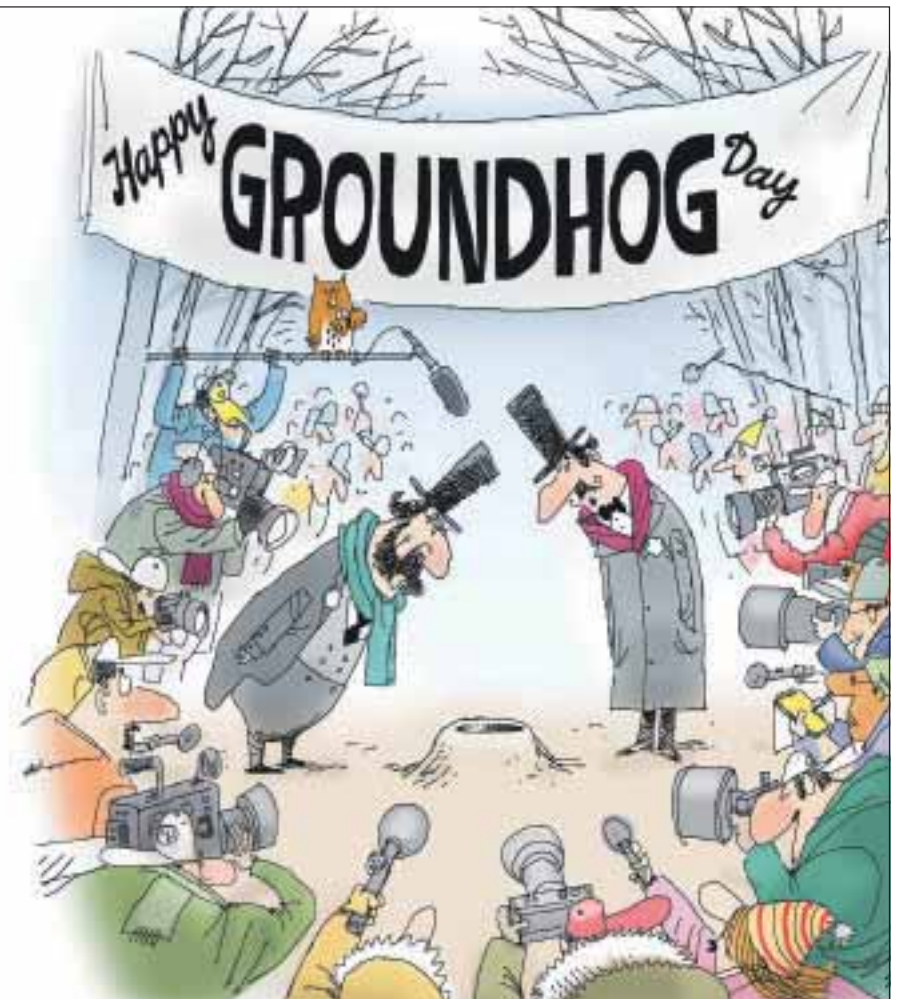
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Horoscopes

♈ Aries

March 21 - April 20

The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

♉ Taurus

April 21 - May 21

If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

♊ Gemini

May 22 - June 21

You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

♋ Cancer

June 22 - July 23

It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

♌ Leo

July 24 - Aug. 23

You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

♍ Virgo

Aug. 24 - Sept. 23

If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

♎ Libra

Sept. 24 - Oct. 23

You may have to cut corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

♏ Scorpio

Oct. 24 - Nov. 22

Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

♐ Sagittarius

Nov. 23 - Dec. 21

You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

♑ Capricorn

Dec. 22 - Jan. 20

The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

♒ Aquarius

Jan. 21 - Feb. 19

This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

♓ Pisces

Feb. 20 - March 20

Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Brother of singer Brandy, ___
5. Attempt or fetch: 2 wds.
10. Exchange rings
13. True: French
14. Jim Croce's "I Got ___"
15. Swell
16. Word's history [abbr.]
17. Evangeline's poet
19. Soak with the sponge some more
21. How some are in love
22. Facing [abbr.]
23. Salad ingredient
26. Married man, fun-style
29. 1997 Peter Fonda title role
30. "___ la Douce" (1963)
33. Give ___ try
34. Tirade talker
36. Years: Spanish
37. Ms. Harris of "Love It or List It Vancouver"
39. Net-using fishermen
41. Alan of "M*A*S*H"
42. Actor Kevin, and surnamesakes
44. Compass dir.
45. "It's ___ real!"
46. Good: French
47. Beginning
49. Remember
51. Stir



52. ___ recording
54. Standard Time: Scottish-born Canadian, Sir ___ Fleming (b.1827 - d.1915)
59. Justin Bieber's 'contest of speed' in Miami: 2 wds.
62. Opera tune

63. Stage setting, ___-en-scene
64. Path to travel on
65. George Harrison's "___ It a Pity"
66. Educ. institution
67. "Vogue" dancer
68. Didn't walk there

Down

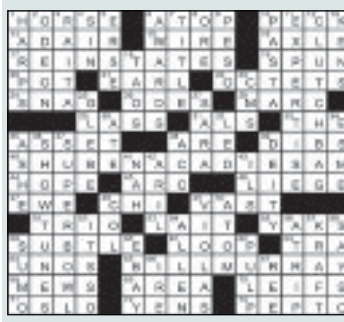
1. Winnebago owner, informally
2. Mr. Johnson
3. "Divine Secrets of the ___ Sisterhood" (2002)
4. "The Waltons" son
5. Lively dance

6. Due ___ before... (Submission info)
7. Engine-of-a-car part
8. Texter's "Egads!"
9. Black-and-white jersey wearer
10. Canadian band, The ___ of Manitoba
11. Organic com-

BY KELLY ANN BUCHANAN

12. Like Mother Nature's morning coat
15. Rome attraction, ___ Amphitheatre
18. Record co.
20. Heidi author, Johanna ___ (b.1827 - d.1901)
24. Filmom's Liam
25. Filmmaker, Maya
26. Type of headscarf
27. Serviceable
28. Canadian-invented bluffing/trivia game
29. Remove the painting's holder-upper
31. Certain code
32. Holding
35. Limerick's rhyming pattern
38. 'The snow' in Quebec: 2 wds.
40. Has peculiar-ness: 2 wds.
43. Canuck temperature measure
48. "That's against the rules!": 2 wds.
50. ___ anglais (English horn)
51. Wrath
52. Nav. ranks
53. Type of acid
55. AM part
56. Roughly: 2 wds.
57. Peel
58. Agenda info
60. Dadaist Jean
61. Murmur

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	2	6	5	7	8	4	1	9
4	1	8	3	9	6	5	7	2
9	5	7	2	4	1	8	3	6
6	4	5	8	2	7	1	9	3
1	9	2	6	3	4	7	5	8
8	7	3	9	1	5	2	6	4
5	8	9	7	6	2	3	4	1
7	3	1	4	8	9	6	2	5
2	6	4	1	5	3	9	8	7

5	4						1	2
			1		8			
6		1				9		7
		3	9		1	6		
	9						4	
		6	7		4	2		
2		9				8		3
			3		9			
3	5						9	1

Today

-7°/-18°

Mainly sunny

Tuesday

-7°/-14°

Variable

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